

**Worksheet # 4: Daily Tracking**      **Date:** \_\_\_\_\_

Morning Routine:

Wake-up Time: \_\_\_\_\_ Hours of Sleep: \_\_\_\_\_

Weight: \_\_\_\_\_

Reviewed Vision Statement, Declaration of Identity, Code of  
Conduct:      YES      NO

Time in Bible Study: \_\_\_\_\_

Passages: \_\_\_\_\_

Thoughts to Contemplate:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Verse I am Meditating on Today:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Time in Prayer: \_\_\_\_\_

| Specific Prayers for Today: | Date Answered: |
|-----------------------------|----------------|
| _____                       | _____          |
| _____                       | _____          |
| _____                       | _____          |

Goals/Tasks for the Day:

Achieved?

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

Personal Connections to Make:

Time:

Receiving Edification:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Giving Edification:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Daily Tracking:

*Nutrition & Activity:*

*Goal Reached?*

Step Count: \_\_\_\_\_

YES NO

Exercise/Activity: \_\_\_\_\_

YES NO

Daily Calorie Intake: \_\_\_\_\_

YES NO

Daily Protein Intake: \_\_\_\_\_

YES NO

Daily Water Intake: \_\_\_\_\_

YES NO

*Challenges Faced:*

Type/Description:

Outcome:

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Lessons learned:

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*Time Log:*

|                               |          |
|-------------------------------|----------|
| Personal Investment Time      | ____ hrs |
| Interpersonal Investment Time | ____ hrs |
| Productive Time               | ____ hrs |
| Wasted Time                   | ____ hrs |
| Family Time                   | ____ hrs |
| Screen Time                   | ____ hrs |

*Financial Log:*

Money Earned \_\_\_\_\_

Money Spent \_\_\_\_\_

+/-: \_\_\_\_\_

Forgiveness I need to Seek – from God or Others:

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Forgiveness I need to Give to others:

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Things for which I am Thankful:

1. 

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2. 

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3. 

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4. 

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Preparations/Plans for Tomorrow:

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